

LYNCHBURG PARKS & RECREATION



ACTIVITY GUIDE

SUMMER 2014

PAGE 6: AQUATIC FUN FOR THE SUMMER

PAGE 21: NEW JUNIOR NATURALIST ACTIVITIES FOR AGES 8-12

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LYNCHBURG PARKS & RECREATION

While Miller Center undergoes renovations, the following locations are serving as the Parks & Recreation offices:

PARKS & RECREATION MAIN OFFICES

2704 Concord Turnpike, Lynchburg, VA 24504
(434) 455-5858 | Hours 8:30am - 5:00pm

ATHLETICS, AQUATICS, & THE NATURE ZONE

825 Kemper Street, Lynchburg, VA 24501
Call for an appointment (see direct contact numbers below)

RECREATION SERVICES & VOLUNTEER COORDINATION

525 Taylor Street, Lynchburg, VA 24504
Call for an appointment (see direct contact numbers below)

MAILING ADDRESS

301 Grove Street, Lynchburg, VA 24501



CONTACTS

MAIN OFFICE • (434) 455-5858

CANCELLATION LINE • (434) 455-5860

Art Studio at Jackson Heights Center • Sue Matherly • (434) 455-4001

Athletics/Aquatics • Maggie Mace • (434) 455-5882

Athletics/Aquatics • Joanna Nisbet • (434) 455-5884

Fifty-Plus Activities • Lynn Fox • (434) 455-4115

City-Wide Centers • Allyson McSwain • (434) 455-5837

Neighborhood Centers • Charlotte Lester • (434) 455-5857

The Nature Zone • Debbie Hoffbeck • (434) 455-5878

WWW.LYNCHBURGVA.GOV/PARKSANDREC • PARKSINFO@LYNCHBURGVA.GOV

tag us! #lynchburgparks

f /LYNCHBURGPARKS **ig /LYNCHBURGPARKSREC**

HOW TO REGISTER

Registration for classes and activities can be done in one of the following three ways. Activities with special registration guidelines will be noted in the activity description.



ONLINE

www.lynchburgva.gov/parksandrec



DIRECT MAIL

Mail your completed registration form (page 31) to Lynchburg Parks & Recreation, 301 Grove Street, Lynchburg, VA 24501



IN PERSON

Visit our offices at 2704 Concord Turnpike or any one of our community centers to register in person

SCHOLARSHIPS

If you are a Lynchburg city resident in need of financial assistance to participate in Parks & Recreation programs, you and your family members may qualify for a scholarship. Residents of all ages are eligible. Scholarship applications are online at www.lynchburgva.gov/parksandrec and at any of our centers or offices. Must be submitted for approval five business days prior to registration deadline.



SUBSCRIBE

Stay updated on the latest Parks & Rec activities, events, and news.

To subscribe, visit our website at www.lynchburgva.gov/parksandrec.



The Lynchburg Parks and Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodations are needed, please tell us upon registration and at least 10 days prior to the activity.

SCHOOL'S OUT PROGRAMS

AFTER SCHOOL PROGRAM

Ages 6 - 17

On weekdays after school, the neighborhood centers focus on growing children through active play, homework help, snack, and enrichment activities. The schedule follows the Lynchburg City Schools' academic calendar. Register your child at the neighborhood center of your choice.
FREE.

MONDAY - FRIDAY

8/25 - 6/5 3:00pm - 6:00pm

CENTER	CONTACT	ACTIVITY
Daniel's Hill Center	(434) 847-1396	67100.201
Diamond Hill Center	(434) 847-1409	66100.201
Jefferson Park Center	(434) 847-1405	62100.201
Yoder Center	(434) 847-1645	64100.201

FAIRVIEW EXTRAS

Ages 6 to 17

After school is eXtra fun at Fairview. Activities include fitness, local field trips, indoor and outdoor games, play time, tutoring, homework help, and healthy snacks. Call 847-1751 for more info.
\$10.00 LR / \$15.00

Fairview Center

M - F 5/1 - 5/30	3:30pm - 6:30pm	63100.210
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OPEN RECREATION FOR YOUTH

Ages 6 - 17

Bring your child to the center for an afternoon full of recreation. Children can choose active play - basketball, ping pong, four square, pool, or another fun moving game. Or they can spend some time playing popular table games - checkers, connect four, chess, cards, and more. Snack offered daily.

Daniel's Hill Center

M - F 6/16 - 8/15	2:00pm - 5:30pm	67200.201
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Jefferson Park Center

M - F 6/16 - 8/15	2:00pm - 5:30pm	62200.201
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AQUATICS

Miller Park Pool

2100 Park Avenue

- Spiral water slide!
- Low and high diving boards
- Kiddie pool and giant mushroom with cascading water
- Lawn chairs
- Concession area
- ADA accessible

Season:

Opens weekends starting May 25

Opens daily starting June 9 through August 17

Hours:

M - Sa	12:00pm - 6:00pm
Su	1:00pm - 5:00pm

Admission Fees:

Special \$5.00/person rate applies to Memorial Day weekend only.

2 & Under	Free
Youth Ages 3-15	\$2.00*
Adults Ages 16 & Up	\$3.00
Season Pass	\$50.00
Family Pass Base Rate	\$90.00**

*Children 10 & under must be accompanied by an adult.

**Valid for up to 3 family members. Each additional family member is \$25.00.

Lap Swim for Fitness

Ages 16 & up

Our Olympic size pool is the perfect place to enjoy swimming laps under the summer sun! We offer open lanes to improve fitness, practice strokes, or train for a triathlon. Times may vary depending on pool special events. Check with the pool front desk staff for up-to-date information. Register at any time.
One time fee: \$40.00 LR / \$55.00

M W Th F 6/9 - 8/8	6:00 - 7:00am	34025.201
M - F 6/9 - 8/8	9:00 - 11:00am	34025.201
Sa 6/9 - 8/8	8:00 - 10:00am	34025.201

miller park pool special events

Memorial Day Weekend Celebration

To avoid lines, purchase tickets early at the Parks and Recreation Office, 2704 Concord Turnpike.

Sunday, May 25 • 1:00pm - 5:00pm

Monday, May 26 • 12:00pm - 6:00pm

\$5.00 / person (kids 2 and under are free)

Water Safety Day

Thursday, June 19 • 12:00pm - 6:00pm

Come learn about how you and your family can stay safe in, on, and around the water. Regular pool entry fees apply.

The World's Largest Swim Lesson

Friday, June 20 • 10:30am - 12:00pm

Help break a World Record!! Take part in a worldwide celebration of learning to swim and challenge yourself with a sample swim lesson. The \$5 fee includes admission to Miller Park Pool for the day.

Military Appreciation Day

Friday, July 4 • 12:00pm - 6:00pm

Show your Military I.D. for FREE admission.

Back to School

Saturday, August 9 • 12:00pm - 6:00pm

Join us for an afternoon of music, food and fun at Miller Park pool.

Paws in the Pool

Saturday, August 23 • 1:00pm - 3:00pm

Friends of the Lynchburg Dog Park present this fun event when the Miller Park Pool goes to the dogs for the day.

Fee TBD.

More fun activities will be available all summer long. Check the pool front desk or www.lynchburgva.gov/parksandrec for complete summer pool activity details.

Pool Rentals

Splash, slide and dive with families, coworkers and friends! Miller Park Pool is available for rentals when closed to the general public. All rentals have a two-hour minimum, which includes an hour and 45 minutes of swim time.

Private rentals accepted between June 7 and August 11.

Main Pool Rental Fees: \$ 90.00 per hour

Main Pool & Kiddie Areas: \$120.00 per hour

To accommodate groups exceeding 125 people, there is an additional \$30.00 per hour charge.

Lifeguards

CPR / First Aid / AED Certification for Lifeguards

Ages 15 +

Participants learn and demonstrate their technical skills and must successfully pass the written test with a minimum score of 80 for completion. Certification earned is valid for two years. Space is limited. Register by the Friday before class starts.

\$75.00 LR / \$90.00

Public Works Meeting Room, 1700 Memorial Ave

W 5/14	6:00pm - 10:00pm	34002.201
W 6/18	6:00pm - 10:00pm	34002.202

CPR / First Aid / AED Certification Renewal

Ages 15 +

Sign up for this class to renew your CPR certification. Participants must demonstrate their technical skills and must successfully pass the written test with a minimum score of 80 for completion. Certification earned is valid for two years. Participants must possess a valid or recently expired certification card to enter this class. Space is limited. Register by 5/30.

\$50.00 LR / \$65.00

Miller Park Pool

W 6/4	3:00pm - 7:00pm	34002.203
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SPLISH-SPLASHING FUN ALL SUMMER LONG



Miller Park Pool 2100 Park Avenue

Stop by for a swim, slide down the spiral water slide, take a jump off the diving boards, wade in the kiddie pool or just lounge. More info on page 4.

Riverside Park Sprayground 2338 Rivermont Avenue

Open Daily: May 1 - October 1 • 11:00am - 7:00pm
Spend the day at the park! Enjoy the playground, designed for all abilities, have a picnic, or cool off on the splash pad with squirting water, spitting frogs, and dumping buckets. Add Riverside Park to your list of summer time adventures! Free to all.

Riverfront Park Fountain 1000 Jefferson Street

Open Daily: May 1 - October 15 • 11:00am - 7:00pm
Bring your child to splash and play in the dancing, water spouts fountain by the James River. Free to all.

- Come have fun and remember -
Be patient and practice common courtesy as no lifeguards on duty.
Children must be supervised at all times.
Appropriate attire is required.

AQUATICS

Jr. Lifeguard Training

Ages 14 to 16

Want to be a lifeguard but not yet 15? Start working on your skills now! This class will prepare you to complete and pass the American Red Cross lifeguard training certification class. Learn basic rescue skills, first aid, and pool safety.

Register by 7/11.

\$100.00 LR / \$115.00

Miller Park Pool

M - F 7/14 - 7/18	10:00am - 11:30am	34000.207
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Lifeguard Training

Ages 15 +

Train here for the best summer job you will ever have! Sign up to be lifeguard certified. Participants must complete a swim test and pass a final written test and skills challenge in order to obtain certification. Certifications are valid for two years. Register by the Friday before class starts.

\$200.00 LR / \$225.00

Miller Park Pool

Th - F 5/22 - 5/23 • 4:00pm - 8:00pm / Sa 1:00pm-7:00pm	34000.201
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Tu - Th 5/27 - 5/29	4:00pm - 8:00pm	34000.202
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Public Works Meeting Room, 1700 Memorial Ave

Tu - Th 5/27 - 5/29	4:00pm - 8:00pm	34000.202
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Lifeguard Training: ReCertification

Ages 15 +

Sign up to renew your lifeguard certification! Participants must complete a swim test and pass a final written test and skills challenge in order to obtain certification. Certifications are valid for two years. Register by 5/16.

\$160.00 LR / \$175.00

Miller Park Pool

Tu 5/20	4:00pm - 7:00pm	34000.203
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Water Safety Instructor

Ages 16 +

This newly updated 2014 course trains instructor candidates to teach courses and presentations in the Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions, and how to evaluate participants' progress. Successful candidates are eligible to teach Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, and three adult-focused courses. Candidates must be 16 or older (must pass pre-course training and swim test - current lifeguard certification strongly recommended). Register by 5/28.

\$200.00 LR / \$225.00

Miller Park Pool

M - Th 6/2 - 6/7	2:00pm - 7:00pm	34001.201
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F Sa 6/2 - 6/7	12:00pm - 5:00pm	34001.201
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swim lessons

Help your child achieve success in their swimming skills while enjoying time with other children in our American Red Cross Learn-to-Swim Program. Recently revised course requirements are age-appropriate with safety always being top priority. Review course descriptions and choose the class that suits your needs. Classes vary in length depending on the class level and age of participants. Classes are 30 or 40 minutes for younger children; older youth generally meet 45 minutes. Classes meet two consecutive weeks, Mondays – Thursdays. Fridays are make-up days. Classes are held at Miller Park Pool. Register by the Wednesday before class starts. \$40.00 LR / \$55.00

Parent and Child

The instructor will lead parents as they help their children become comfortable in the water in this fun-filled class. Toddlers with the assistance of their loved one will be introduced to water safety concepts while they learn basic skills such as arm and leg movements and breath control. Healthy water safety habits learned will last a lifetime.

Pre-School 1

No pre-requisite skills needed. This class orients pre-school age children to the aquatic environment and helps them acquire rudimentary levels of basic aquatic skills.

Pre-School 2

Designed for younger children who can submerge their mouth and blow bubbles for three seconds, can glide on their front and back for two body lengths, and can float on both their front and back for three seconds. All skills can be done with support.

Level 2 - Shallow Water

Fundamental Aquatic Skills - class for younger Level 2 students who are more comfortable in shallower water, can fully submerge their face and float on both their front and back with assistance.

Level 2

Fundamental Aquatic Skills – for the child who can fully submerge their face and can float on their front and back with assistance.

Level 2 & Pre-School 3

Fundamental Aquatic Skills in Shallow Water – designed for Pre-School 3 students and younger Level 2 students, who can fully submerge for at least five seconds, glide on their front and back at least two body lengths, and float on both their front and back for at least 10 seconds. Participants must also be able to swim using combined arm and leg action for three body lengths (assistance can be given when taking a breath), then float for 10 seconds, then resume swimming on their backs this time for at least three body lengths.

Level 2 - Intermediate

Fundamental Aquatic Skills – designed for the child that can fully submerge for at least five seconds, glide on their front and back at least two body lengths, float on both their front and back for at least 10 seconds. Participants must also be able to swim using combined arm and leg action for three body lengths (assistance can be given when taking a breath), then float for 10 seconds, then resume swimming on their backs this time for at least three body lengths.



Level 2 - Advanced

Fundamental Aquatic Skills – for the child who can fully submerge for at least 10 seconds, float unsupported on their front and back for at least 10 seconds, glide on their front and back at least two body lengths, and can perform front and back glides without support. Participants must also be able to swim using combined arm and leg action for three body lengths then float for 10 seconds, then resume swimming on their backs this time for at least three body lengths.

Level 3

Stroke Development – designed for the child that can fully submerge for at least 10 seconds, float unsupported on their front and back for at least 15 seconds, can tread water for at least 15 seconds, can swim at least five body lengths on their front and back, and is comfortable with deep water.

Level 3 - Intermediate

Stroke Development – for the child who can fully submerge for at least 10 seconds, float unsupported on their front for at least 15 seconds and on their back for at least 30 seconds, can tread water for at least 30 seconds, can swim front crawl at least 10 yards, can do elementary backstroke at least five yards, and is comfortable with deep water.

Level 3 - Advanced

Stroke Development – for the child who can fully submerge for at least 10 seconds, float unsupported on their front for at least 15 seconds and on their back for at least 45 seconds, can tread water for at least 45 seconds, can swim front crawl at least 15 yards, and can do elementary backstroke at least 10 yards and is comfortable with deep water.

Level 4

Stroke Improvement – this class is designed for the child who can swim both front crawl for 25 yards, elementary backstroke for 15 yards, and can tread water for at least one minute. This level develops the swimmers confidence in the skills learned and improves other aquatic skills.

Level 5

Stroke Refinement – this class is designed for the child that can swim front crawl and elementary backstroke for 25 yards. Can swim sidestroke, back crawl, breaststroke, and butterfly for 15 yards; and can tread water for at least two minutes. This level develops the swimmers confidence in the skills learned and improves other aquatic skills.

Adult – Beginner

Overcome your fear of the water in this class intended for those 16 years and up! Learn the basic skills you need to be able to swim, to be safer around water, and to improve your health and fitness. Class sizes are limited for individual attention. Swimmers of all levels are welcome to join this class.

Swim Lessons	Ages	Class #	Dates M - Th	Times
Parent & Child	18 m - 3 yrs	34018.201	7/7 - 7/17	6:30 - 7:00pm
Pre-School 1	3 - 4 yrs	34010.201	6/16 - 6/26	10:50 - 11:20am
	3 - 5 yrs	34010.202	7/7 - 7/17	10:10 - 10:40am
Pre-School 2	3 - 5 yrs	34010.203	6/16 - 6/26	10:10 - 10:40am
	3 - 5 yrs	34010.204	6/16 - 6/26	6:30 - 7:00pm
	3 - 4 yrs	34010.205	7/7 - 7/17	10:50 - 11:20am
	5 - 6 yrs	34010.206	7/7 - 7/17	10:50 - 11:20am
	3 - 5 yrs	34010.207	7/28 - 8/7	10:50 - 11:20am
Level 2 Shallow Water	5 - 8 yrs	34012.201	6/16 - 6/26	9:20 - 10:00am
	5 - 8 yrs	34012.202	7/7 - 7/17	9:20 - 10:00am
	4 - 6 yrs	34012.203	7/7 - 7/17	7:05 - 7:45pm
Level 2	5 - 15 yrs	34012.204	6/16 - 6/26	9:40 - 10:25am
	8 - 15 yrs	34012.205	7/28 - 8/7	10:35 - 11:20am
Level 2 / Pre-School 3	4 - 7 yrs	34012.206	6/16 - 6/26	7:05 - 7:45pm
	4 - 7 yrs	34012.207	7/28 - 8/7	10:00 - 10:40am
Level 2 / Intermediate	6 - 15 yrs	34012.208	6/16 - 6/26	10:35 - 11:20am
	7 - 15 yrs	34012.209	7/7 - 7/17	6:30 - 7:15pm
Level 2 / Advanced	6 - 15 yrs	34012.210	6/16 - 6/26	6:30 - 7:15pm
	7 - 15 yrs	34012.211	7/7 - 7/17	9:55 - 10:40am
Level 3	6 - 15 yrs	34013.201	6/16 - 6/26	10:35 - 11:20am
	7 - 15 yrs	34013.202	7/28 - 8/7	9:40 - 10:25am
Level 3 / Intermediate	7 - 15 yrs	34013.203	7/7 - 7/17	9:00 - 9:45am
Level 4	7 - 15 yrs	34014.201	6/16 - 6/26	9:40 - 10:25am
	8 - 15 yrs	34014.202	7/28 - 8/7	10:35 - 11:20am
Level 5	8 - 15 yrs	34015.201	7/28 - 8/7	9:40 - 10:25am
Adult / Beginner	16 + up	34017.201	7/7 - 7/17	6:30 - 7:15 pm





ARTS

crafts

Beading with Jamie

Ages 18 +

Learn beading techniques including terms, bead selection, and composition as you design your own beautiful piece of jewelry. Register by Friday before class. \$10.00

Templeton Senior Center

Tu 5/27	6:30pm - 7:30pm	74404.210
W 6/18	10:30am - 11:30am	74404.220
Tu 7/15	6:30pm - 7:30pm	74404.230
Th 8/21	10:30am - 11:30am	74404.240

dance

International Dance Sampler

Ages 18 +

Get moving for fun and fitness with an introduction to six different international dances taught in their traditional style. Two classes for each dance genre: salsa/merengue, calypso/axe, and Arabic belly dance/flamenco. Register by 5/19. \$24.00 LR / \$36.00

Templeton Senior Center

Instructor: Estefania Whitesell

Th 5/22 - 6/26	7:15pm - 8:15pm	74101.210
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needle arts

Knitting Skills: Basics

Ages 18 +

Learn basic knitting skills in this two-hour workshop. Register by 6/2. \$10.00 LR / \$15.00

Academy of Fine Arts

M 6/9	6:00pm - 8:00pm	73001.210
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Knitting Skills: T-Shirt

Ages 18 +

Using basic knitting skills in this workshop, you will learn to knit a t-shirt from start to finish. Register by 7/1. \$20.00 LR / \$35.00

Academy of Fine Arts

M 7/7 - 7/28	6:00pm - 8:00pm	73001.211
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painting

Acrylics: Basics

Ages 18 +

Paint a beautiful landscape using acrylics. Learn basic painting techniques, color theory, color mixing and layering. Register by 7/10. \$17.00 LR / \$26.00

Templeton Senior Center

Instructor: Linda Duff

M 7/14 - 7/21	6:00pm - 8:00pm	74402.232
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****Some classes may require additional supplies.**

Oil Painting Basics

Ages 18 +

Learn to mix colors and incorporate basic design elements as you paint a beautiful landscape. Each month will feature a different painting highlighting scenes of Central Virginia. Register by Friday before class.

\$30.00 LR / \$45.00

Templeton Senior Center

Instructor: Rodney P Laughon

Tu 7/15	1:00pm - 4:00pm	74400.230
Tu 8/19	1:00pm - 4:00pm	74400.240

Oil Painting with Rodney

Ages 18 +

Learn to blend colors and incorporate basic design elements as you paint a beautiful landscape. Students should bring their 11" x 14" canvas and brushes. Register by 5/22.

\$35.00 LR / \$50.00

Templeton Senior Center

Instructor: Rodney P Laughon

Tu 5/27 - 6/10	6:30pm - 8:00pm	74400.210
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Oils: Beginning

Ages 18 +

Create landscape and still life projects while learning how to use your tools, set up your palette, and develop color theme. Register by 7/16.

\$60.00 LR / \$75.00

Academy of Fine Arts

Instructor: Linda Duff

W 7/23 - 8/13	6:30pm - 8:30pm	74400.221
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Watercolors: Beginning

Ages 18 +

Learn how to combine color theory and techniques to create a winter snow theme incorporating shadowing. Beginners only. Register by 6/4.

\$60.00 LR / \$75.00

Academy of Fine Arts

Instructor: Linda Duff

W 6/11 - 7/2	6:30pm - 7:30pm	74401.220
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Watercolors: Color Discovery

Ages 18 +

The four-week class will give you an opportunity to work with color as you learn to layer, blend and add depth to your painting. The instructor will also include tips on how to avoid and correct mistakes.

\$40.00 LR / \$55.00

Templeton Senior Center

Instructor: Betty J Leary

Th 7/10 - 7/31	6:30pm - 8:30pm	74401.230
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Watercolors: Exploring Colors

Ages 18 +

Discover the beauty of watercolors as you learn how to work from light to dark, layer and blend colors and add depth to your painting. The instructor will also include tips on how to avoid and correct mistakes. Register by 5/5.

\$60.00 LR / \$75.00

Templeton Senior Center

Instructor: Betty J Leary

Th 5/8 - 6/12	6:30pm - 8:30pm	74401.210
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Watercolors: Introduction to Botanicals

Ages 18 +

In this introductory class, students will learn pencil drawing and sketching, use of color, perspective, and depth as they relate to watercolor painting. Register by 6/2.

\$70.00 LR / \$85.00

Templeton Senior Center

Instructor: Virginia Klute

Th 6/5 - 6/26	1:00pm - 4:00pm	74401.221
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pottery

Clay Leaf Bird Feeder

Ages 50 +

Using clay, create and design a leaf shaped bird feeder. Register by 7/11.

\$5.00

Fairview Center

F 7/18 - 7/25	10:30am - 11:30pm	63600.230
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Pottery: Beginning Handbuilt & Wheel

Ages 18 +

Learn to make clay pottery using both hand-forming and wheel-throwing techniques. Register one week prior to start date of class.

\$88.00 LR / \$103.00

The Art Studio @ Jackson Heights

Instructor: Gail Speidell

Tu 6/17 - 8/5	9:00am - 12:00pm	26000.240
W 6/18 - 8/6	6:00pm - 9:00pm	26000.241

Pottery: Children's

Ages 9 to 15

Learn to make clay pottery using both hand-forming and wheel-throwing techniques. Register by 6/10.

\$25.00 LR / \$40.00

The Art Studio @ Jackson Heights

Instructor: Patricia Lester

Tu Th 6/17 - 6/26	2:00pm - 3:00pm	26000.220
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Pottery: Flower Pot

Ages 50 +

Using clay, create and design a beautiful flower pot. Register by 6/13.

\$5.00

Fairview Center

F 6/20 - 6/27	10:30am - 11:30pm	63600.221
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Pottery: Homeschoolers

Ages 9 to 15

Learn to make clay pottery using both hand-forming and wheel-throwing techniques. Register by 6/2.

\$25.00 LR / \$40.00

The Art Studio @ Jackson Heights

M 6/9 - 6/30	10:00am - 11:00am	26000.221
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Pottery: Vase

Ages 50 +

Using clay and your imagination, create and design an elegant vase. Register by 8/15.

\$5.00

Fairview Center

F 8/22 - 8/29	10:30am - 11:30pm	63600.240
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stained glass

Stained Glass Panel

Ages 18 +

Learn to cut, grind and solder to create a colorful window hanging. Register by Thursday before class.

\$90.00 LR / \$105.00

The Art Studio @ Jackson Heights

Instructor: Carter Martin

Th 5/1 - 6/19	6:30pm - 8:30pm	63600.210
Th 6/26 - 8/21	6:30pm - 8:30pm	63600.220

LR = LYNCHBURG RESIDENT DISCOUNT



MILLER CENTER → UPDATE ←

This historic building is the largest community center in our city, and is home to the Lynchburg Parks and Recreation administrative offices, neighborhood center, classrooms, small theater, and will be the new home for the Nature Zone. The building is in the midst of an 18-month renovation process. We are so excited for what the new Miller Center will offer our community upon its completion this fall.

“Like” us on facebook to follow the this project.



ATHLETICS

youth athletics

USA Softball Clinic

Ages 7 to 16

This is a once in a lifetime opportunity to learn from Team USA! The USA Softball Women's National Team will be holding a softball clinic in Lynchburg. The clinic will be conducted by Ken Eriksen, Head Coach of Team USA and the University of South Florida Women's Teams. The coaching staff includes some of the top collegiate coaches in the country as well as Team USA players. Players will be divided into small groups by age and ability and will receive both group and one-on-one instruction. Fee includes a Team USA Clinic T-shirt. Register by June 6.

\$75.00



Peaks View Park

Sa 6/14 9:00am-12:00pm

Ages 7 & 8 31100.201

Ages 9 & 10 31100.202

Ages 11 & 12 31100.203

Ages 13 to 16 31100.204

Girls' Fall Softball

Ages 7 to 15

Our Girls' Fall Softball League is ideal for new players and those who want to continue to work on their softball skills. Girls are placed on teams according to their age. Practices begin in late August and games are scheduled after Labor Day through October. Register by 9/1.

\$40.00 LR / \$55.00

Peaks View Park Field 1

M -Th Sa 8/18 - 11/1	6:00pm - 9:00pm	31011.301
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Titans: Meet the Lynchburg Pro Basketball Team

Ages 6 +

Meet the Lynchburg Titans, the only professional basketball team in the Lynchburg area, as they take time out of their busy schedule to showcase their skills on Fairview's courts. This is a great way to meet some of the players, shoot some hoops and stay active! The Titans are committed to bringing fun, excitement, and entertainment to the area. Register by 5/30. FREE

Fairview Center

Tu 6/3	4:00pm - 6:00pm	63000.220
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Are we playing today?
Cancellation line:
(434) 455-5892

TEAM SIDELINE
SCHEDULES • SCORES • STANDINGS
TEAMSIDELINE.COM/LYNCHBURG

Titans: Teen Basketball Skills Clinic

Ages 13 to 17

This teen basketball clinic is a great way to meet some of the members of the Lynchburg Titans as well as learn and perfect your basketball skills. Time will be split between drills and challenges as well as a game. Register by Friday before clinic.

\$5.00

Fairview Center

W 6/25	6:00pm - 7:00pm	63300.225
W 7/30	6:00pm - 7:00pm	63300.235

Titans: Youth Basketball Skills Clinic

Ages 6 to 12

Join the Lynchburg Titans at the Fairview Center as they teach the essential skills necessary to be the next basketball superstar! Register by Friday before clinic.

\$5.00

Fairview Center

W 6/25	5:00pm - 6:00pm	63300.224
W 7/30	5:00pm - 6:00pm	63300.234

adult athletics

40+ Adult Softball

Ages 40 +

Enjoy a fun fall season playing one night per week of doubleheaders for a total of eight games.

\$225.00 Team Fee (+\$15/person for each non-resident)

IMPORTANT DATES

Organizational Meeting: 7/21, 6:00pm

Registration: 8/11 - 8/14, 4:00pm - 6:00pm

Coaches Meeting: 8/25, 6:00pm

All Meetings: Athletics Office, 825 Kemper Street

Peaks View Park Field 6

Tu Th 9/2 - 10/9	6:00pm - 10:00pm	30009.301
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Adult Kickball

Ages 16 +

Kick it old school! Play kickball at Peaks View Park. Teams include 8-10 players and will play doubleheaders one night per week.

\$100.00 Team Fee (+\$15/person for each non-resident)

IMPORTANT DATES

Organizational Meeting: 8/4, 6:00pm

Registration: 8/18 - 21, 4:00pm - 6:00pm

Coaches Meeting: 8/25, 6:00pm

All Meetings: Athletics Office, 825 Kemper Street

Peaks View Park Field 2

M - Th 9/2 - 10/9	6:00pm - 10:00pm	30011.301
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Adult Wiffle Ball

Ages 16 +

Softball season is ending but you can still go out and swing a bat! Sign up to play in this fun plastic bat league. Teams will play an eight game doubleheader schedule.

\$100.00 Team Fee (+\$15/person for each non-resident)

IMPORTANT DATES

Organizational Meeting: 8/5, 6:00pm

Registration: 8/18 - 21, 4:00pm - 6:00pm

Coaches Meeting: 8/25, 6:00pm

All Meetings: Athletics Office, 825 Kemper Street

Peaks View Park Field 3

Tu Th 9/2 - 10/9	6:00pm - 10:00pm	30010.301
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Golf: Beginning Skills

Ages 18 +

Learn techniques and skills to get you on the golf course. Some clubs furnished, but feel free to bring your own. At the end of the course, test your skills at an area golf course. Course location and additional cost to be determined. Register by 5/28.

\$15.00 LR / \$23.00

Fairview Center Athletic Field

Instructor: Shirley Thomas

M 6/2 - 6/30	9:30am - 10:30am	63300.226
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fifty-plus athletics

Fifty-Plus Pickleball

Ages 50 +

Discover the fun of Pickleball! It's a great racquet sport, which combines the elements of badminton, tennis, and table tennis and gives you opportunity to stay fit and have fun. The speed of the ball and the size of court make this an ideal game for the 50+ crowd. Register and pay monthly by the first day of play. \$10.00

Heritage United Methodist Church Gym

Th 5/1 - 5/29	2:00pm - 5:00pm	73703.210
Th 6/5 - 6/26	2:00pm - 5:00pm	73703.220
Th 7/3 - 7/31	2:00pm - 5:00pm	73703.230
Th 8/7 - 8/28	2:00pm - 5:00pm	73703.240

Fifty-Plus Softball

Ages 50 +

All skill levels are invited to participate in this great team sport. Coed games, focused on fun, fitness and friendly competition. Register and pay monthly by the first day of play.

\$10.00

Peaks View Park Field 1

W F 5/2 - 5/30	10:00am - 12:00pm	73702.210
W F 6/4 - 6/27	10:00am - 12:00pm	73702.220
W F 7/2 - 7/30	9:00am - 11:00am	73702.230
W F 8/1 - 8/29	9:00am - 11:00am	73702.240



CHALLENGED SPORTS EXCHANGE

A variety of recreational and sports activities are available for individuals with developmental disabilities and/or physical challenges in the Central Virginia region through the Challenged Sports Exchange (CSE). Monthly movies are shown at the Daniel's Hill Center located at 317 Norwood Street.

CSE partners include: Lynchburg Parks and Recreation Department, ARC of Central Virginia, Grace Church, and VSA Arts of Virginia.

For calendars, newsletters or additional information contact:

CSE Office • 434-455-1178 • cseleague@gmail.com • www.ChallengedSportsExchange.com

YOUTH ATHLETIC ORGANIZATIONS

Blue Ridge Lacrosse Club
www.blueridelax.org

Central Virginia Volleyball Association
www.cvvb.org

Lynchburg Little League Baseball
www.lyncburglittleleague.com

Challenged Sports Exchange
www.challengedsportsexchange.com

Central Virginia United - Soccer
www.centralvirginiounited.com

Hill City Youth Football and Cheerleading
www.hcyfc.com

Lynchburg Tennis Patrons Association
www.lyncburgtennis.org

Girls on the Run
www.girlsontheruncenva.org

STREET BANNERS

What better way to display your message than by reserving a banner location and placing it across a street where people are sure to see it? Promote your upcoming Lynchburg event on a banner for up to 14 days at one of the following three locations:

- MLK Bridge on 5th Street
- Main Street in front of the Community Market
- 6th and Main Street



For more information contact:

Sharon Brown • Special Events Coordinator • (434) 455-5871

JUNE 13, 2014 • 7:00 P.M.



LYNCHBURG CITY STADIUM

\$25

Reserved Seats

Gates Open at 5:00 p.m.



THE NATIONAL GOVERNING BODY
OF SOFTBALL



tickets: lynchburg-hillcats.com

\$15

Gen. Admission

info: lynchburgva.gov/usa-softball



SUMMER CAMPS

day camps

Summer at the Center

Ages 6 to 11

Summer at the Center offers youth a full day of play! From traditional games and crafts to cultural arts and enrichment, there is something for everyone. Plus there's plenty of outdoor play, weekly pool visits, days in the parks, hikes on the trail, summer sports, and more to explore. Lunch and snack are provided. Register by 6/9.

\$80.00 LR / \$120.00

Session I M - F 6/16 - 7/11	8:30am - 5:30pm
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Diamond Hill Center	66200.201
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Yoder Center	64200.201
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Session II M - F 7/21 - 8/15	8:30am - 5:30pm
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Diamond Hill Center	66200.202
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Yoder Center	64200.202
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half-day camps

Fairview eXtreme Summer Camp

Ages 6 to 11

This high-energy eXtreme camp is back with all new archery additions! Returning are the classic, weekly trips to the Miller Park Pool, outdoor adventures, tennis and basketball clinics, pickleball, arts, hikes and excursions to popular city destinations. Campers will learn new life skills and will acquire an appreciation for fitness, teamwork, and nature. Some of the wild and crazy activities campers can also expect are the whacky science experiments, the camper designed obstacle course and Water Balloon Battleship. Lunch is included daily. This camp at the Fairview Center fills quickly. Register early!

\$80.00 LR / \$120.00

Fairview Center

Session I M - F 6/16 - 7/11	12:00pm - 6:00pm	63200.220
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Session II M - F 7/21 - 8/15	12:00pm - 6:00pm	63200.230
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specialty camps

Archery Camp

Ages 8 to 16

Campers will learn about this age-old sport as they practice skills, improve their form and gain valuable shooting knowledge in this week-long camp. Participants will be introduced to parts of the bow and arrow, different types of bows, and will learn to how to safely handle and use the equipment. Tips and techniques will be shared on how to improve shooting accuracy and a variety of fun practice targets will be available. Register by 7/7.

\$45.00 LR / \$60.00

Fairview Center

Instructor: Kaleb VanDePerre

M - F 7/14 - 7/18	10:00am - 12:00pm	63200.231
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Young Naturalist Camp

Ages 6 to 8

Every day will be packed with fun, hands-on activities, exploration hikes, and fishing as your child learns "What's a Watershed?" and discovers the importance of healthy waters to both wildlife and people! Register by 6/16.

\$50.00 LR / \$65.00

Ivy Creek Park Cabin

M - F 6/23 - 6/27	9:30am - 11:30am	54120.201
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LR = LYNCHBURG RESIDENT DISCOUNT

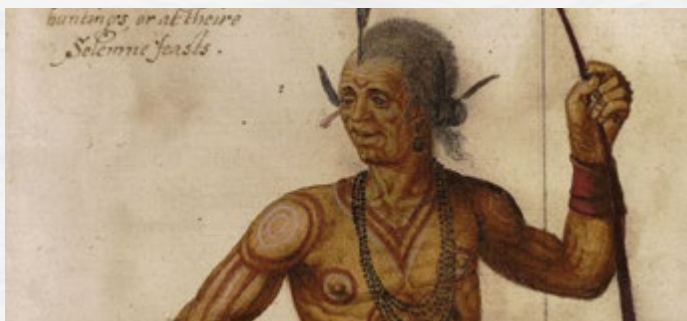


EXPERIENCE THE JAMES

Lynchburg's Pathway to the World

June 6, 2014 - December 31, 2015

The Lynchburg Museum's new exhibit on "America's Founding River" will cover exploration, war, ecology, and more through art, archaeology, and artifacts from museums across Virginia.



The Lynchburg Museum
901 Court Street
Lynchburg, VA 24504
(434) 455-6226
LynchburgMuseum.org



Lynchburg
Museum
System

Point of Honor
112 Cabell Street
Lynchburg, VA 24504
(434) 455-6226
PointofHonor.org





ENRICHMENT

armchair travel

Experiencing Life in the Amazon

Ages 18 +

Discover the beauty and intrigue of the Amazon jungle, a mosaic of ecosystems and vegetation types. Beth Bachmann shares insights and personal experiences from her time there. She and her husband, a bush pilot, served as missionaries in Brazil and have a unique perspective of the area.

Templeton Senior Center

Tu 5/6	10:30am - 11:30am	73003.219
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Gardens of the World Southern Caribbean Islands

Ages 18 +

World traveler, Susan Timmons, will take you cruising through a tropical paradise with a look into private gardens on the islands of St. Thomas, St. Lucia, Barbados, Martinique, and Dominica.

Templeton Senior Center

Tu 7/22	10:30am - 11:30am	73003.231
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John Terrell, MD: Doctor to Man and Horse

Ages 18 +

Dr. Charles Driscoll will present his recent research on Dr. John Terrell, an Assistant Surgeon in a Lynchburg hospital during the Civil War. Dr. Terrell was a medical pioneer; his work in the Pest House reduced smallpox mortality by 50% and his research and treatment for glanders saved the lives of many war horses.

Templeton Senior Center

Tu 5/20	10:30am - 11:30am	73003.212
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Meet the Author: Charlotte Morgan

Ages 18 +

Charlotte Morgan's first novel, *One August Day*, tells the story of Hurricane Camille as she imagines what might have brought the eight victims who were never identified into the center of the storm.

Templeton Senior Center

Th 5/22	10:30am - 11:30am	73003.213
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Meet the Author: David Horton

Ages 18 +

Extreme ultra runner, David Horton, will share his insights and inspiration for writing, *A Quest for Adventure*. His love of marathon running has taken him all over the country and in the process he has learned to not only conquer the trail but also to find the strength to stay the course.

Templeton Senior Center

Tu 7/22	7:00pm - 8:00pm	73003.233
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Meet the Authors: Elise Beraru and Linda Campbell

Ages 18 +

Local authors, Elise Beraru and Linda Campbell, are collaborators on the Jordan Davis Mystery series as well as writers in their own right of other genres. Meet these extraordinary ladies and learn some of their secrets to being successful in their writing careers.

Templeton Senior Center

W 8/20	10:30am - 11:30am	73003.243
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Bridge: Beginning*Ages 18 +*

Discover the fun of bridge as you learn the basics of the card game. Beginners of all ages are invited to try their hand at this six-week class. Register by 6/19.
\$34.00 LR / \$49.00

Templeton Senior Center

Instructor: Phyllis Moldenke

M 6/23 - 7/28	6:00pm - 8:00pm	74002.221
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gardening

Deer Management for Gardeners*Ages 18 +*

Master Gardener, John Casler, provides strategies to keep deer and other pests from invading your garden.
FREE

Templeton Senior Center

Tu 5/13	6:30pm - 7:30pm	73003.214
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Growing Herbs*Ages 18 +*

Master Gardener, Roslyn Cheagle, will share information on growing and using herbs. Discover what grows best in our area and how to add flare to your recipes!
FREE

Templeton Senior Center

Th 5/8	10:30am - 11:30am	73003.216
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Growing Vegetables in Central Virginia*Ages 18 +*

Master Gardener, John Casler, gives a primer on the best vegetable varieties to try for this area. This year try some new varieties as well as your old favorites for a successful and productive garden.
FREE

Templeton Senior Center

Th 5/1	10:30am - 11:30am	73003.215
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How Worms Help Make Your Garden Grow!*Ages 4 to 10*

Learn about worms and gardens with fun, hands on activities to engage young gardeners. Adults are encouraged to stay and learn along with their children/grandchildren.
\$3.00

Templeton Senior Center

Th 6/12	10:30am - 11:30am	73004.211
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Nature Crafts for the Young Gardener*Ages 4 to 10*

Parents/grandparents will enjoy helping their young ones as they make their very own bird feeders and "fairy garden" potted plants. Fee is per child. Register by 6/16.
\$3.00

Templeton Senior Center

Th 6/19	10:30am - 11:30am	73004.212
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Paint Your Garden with Perennials*Ages 18 +*

Master Gardener, Karen Sacasky, will share how to incorporate color into your landscaping design with a multitude of perennial varieties.
FREE

Templeton Senior Center

Th 5/15	10:30am - 11:30am	73003.217
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technology

Android Smartphone Basics*Ages 18 +*

Do you want to be smarter about your Smartphone? Learn the fundamentals of the settings, using apps, photo options, and more. Bring your phone and your questions. Register by 7/18.
\$6.00

Templeton Senior Center

Instructor: Estefania Whitesell

Tu 7/22	7:15pm - 8:30pm	73004.232
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Genealogy on the Web*Ages 18 +*

Interested in tracking your heritage? There is a world of information waiting to be explored on the World Wide Web, but not all sites are created equal. Learn how to use the best ones to full advantage and search the census at home with free sites. New information is constantly being added; now may be the ideal time to find out about your ancestry. Register by 6/12.
\$25.00 LR / \$32.00

Templeton Senior Center

Tu 6/17 - 7/1	6:30pm - 8:00pm	74003.220
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iPhone Basics*Ages 18 +*

Do you want more information about the iPhone and its features? Learn the fundamentals of the settings, using apps, photo options, and more. Bring your phone and your questions. Register by 6/13.
\$6.00

Templeton Senior Center

Instructor: Estefania Whitesell

Tu 6/17	7:15pm - 8:30pm	73004.222
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You Can "YouTube", Too*Ages 18 +*

Learn to search, select, download, upload, and create your own YouTube video. Register by 8/8.
\$6.00

Templeton Senior Center

Instructor: Estefania Whitesell

Tu 8/12	7:15pm - 8:30pm	73004.242
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HEALTH & FITNESS

Fitness

Fairview Fitness

Ages 50 +

Enjoy low-impact, self-paced classes with a fast, upbeat routine that helps trim and tone. Register monthly by the first class.

\$24.00 LR / \$36.00

Fairview Center

Instructor: Jan Baker

M W F 5/2 - 5/30	11:30am - 12:20pm	63300.210
M W F 6/2 - 6/30	11:30am - 12:20pm	63300.220
M W F 7/2 - 7/30	11:30am - 12:20pm	63300.230
M W F 8/1 - 8/29	11:30am - 12:20pm	63300.240

Line Dance for Fun & Fitness

Ages 18 +

So you want to dance? Learn some easy to follow dances for fun and fitness. Beginners and experienced dancers are welcome. Invite a friend and share the fun! Register by 5/16.

\$15.00 LR / \$23.00

Templeton Senior Center

Instructor: Karen Bridgett

Tu 5/20 - 6/24	7:15pm - 8:15pm	74100.210
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Sculpt & Tone Exercise Class

Ages 18 +

This twice-weekly exercise class opens with cardio then focuses on trimming and toning using weights, bands, mats and steps. Register monthly by the first class.

\$24.00 LR / \$36.00

Templeton Senior Center

Instructor: Estefania Whitesell

Tu Th 5/1 - 5/29	6:00pm - 7:00pm	74209.210
Tu Th 6/3 - 6/26	6:00pm - 7:00pm	74209.220
Tu Th 7/1 - 7/31	6:00pm - 7:00pm	74209.230
Tu Th 8/5 - 8/28	6:00pm - 7:00pm	74209.240

Zumba

Ages 18 +

Energize your day with a great cardio workout using interval training with easy to follow dance moves to upbeat Latin rhythms. Register monthly by the first class.

\$24.00 LR / \$36.00

Templeton Senior Center

Instructor: Estefania Whitesell

Tu Th 5/1 - 5/29	1:00pm - 1:45pm	74205.210
Tu Th 6/3 - 6/26	1:00pm - 1:45pm	74205.220
Tu Th 7/1 - 7/31	1:00pm - 1:45pm	74205.230
Tu Th 8/5 - 8/28	1:00pm - 1:45pm	74205.240

Zumba Exercise Class

Ages 18 +

Move your feet to a Latin beat for a fun cardio workout that will tone and trim your body. Register monthly by the first class.

\$24.00 LR / \$36.00

Fairview Center

Instructor: Kirstin Eubank

Tu Th 5/1 - 5/29	6:00pm - 6:45pm	63300.211
Tu Th 6/3 - 6/26	6:00pm - 6:45pm	63300.221
Tu Th 7/1 - 7/31	6:00pm - 6:45pm	63300.231
Tu Th 8/5 - 8/28	6:00pm - 6:45pm	63300.241

Zumba PM

Ages 18 +

An exhilarating cardio and toning workout, with easy-to-follow dance moves using Latin inspired music. Register monthly by the first class.

\$24.00 LR / \$36.00

Templeton Senior Center

Instructor: Kirstin Eubank

M W 5/5 - 5/28	5:00pm - 5:45pm	74208.210
M W 6/2 - 6/30	5:00pm - 5:45pm	74208.220
M W 7/2 - 7/30	5:00pm - 5:45pm	74208.230
M W 8/4 - 8/27	5:00pm - 5:45pm	74208.240

Community Health Fair

Ages 6 +

Learn about health care for the whole family - get the basics about dental health, cancer risks, diabetes education, HIV, and general nutrition. Free health screenings. Entertainment throughout the day.

Diamond Hill Center

Sa 5/3	10:30am - 3:00pm	66400.201
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Fun With Food for Kids

Ages 4 to 10

Learn that wholesome food can be fun and tasty in this class for kids. A variety of snacks will be prepared and sampled in this class for parents/grandparents and the kids they love. Register by 6/24.

\$3.00

Templeton Senior Center

Th 6/26	10:30am-11:30am	73004.220
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Healthy Eating Class #1

Ages 18 +

Susan Prillaman, from the Virginia Tech Extension Office, will demonstrate some easy, healthful recipes using fresh fruits and vegetables. After the demo, you will enjoy a tasty sampling from nature's bounty. Register by the Monday before.

\$5.00

Templeton Senior Center

Th 7/17	10:30am - 12:00pm	73004.230
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Healthy Eating Class #2

Ages 18 +

Susan Prillaman, from the Virginia Tech Extension Office, will demonstrate some easy, healthful recipes using fresh fruits and vegetables. After the demo, you will enjoy a tasty sampling from nature's bounty. Register by the Monday before.

\$5.00

Templeton Senior Center

Th 7/31	10:30am - 12:00pm	73004.231
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Laughter Yoga

Ages 18 +

Experience the great benefits of combining yoga breathing techniques and laughing to help you relax and rejuvenate.

FREE

Templeton Senior Center

Instructor: Kristin Jo Freed

Tu 8/26	10:30am - 11:30am	73003.242
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Living Well for Your First 100 Years

Ages 18 +

A representative of Light Chiropractic will discuss strategies for maintaining good overall health and vitality throughout your life.

FREE

Templeton Senior Center

Tu 5/13	10:30am - 11:30am	73003.211
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Mammography Screening

Ages 40 +

Centra Health Mobile Mammography will be on site to screen women age 40 and over. At this age, routine mammograms to screen for breast cancer are recommended. A simple pre-registration form, available at the center, must be completed by Monday, May 5, to reserve an appointment. Schedule your screening today by calling (434) 847-1409.

Diamond Hill Center

Tu 5/13	10:00am - 2:00pm	66400.200
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Mindfulness Meditation for Stress Relief

Ages 18 +

Explore the power of mindfulness meditation, bringing more joy, resilience, and tranquility to your life. Research suggests it may improve mood, decrease stress, boost immune function, and may even change brain function. Learn simple meditation exercises to use at home. Register by 5/9.

\$26.00 LR / \$39.00

Templeton Senior Center

Instructor: Susan Joiner

Tu 5/13 - 6/17	12:00pm - 1:00pm	74201.210
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Yoga

Ages 50 +

This self-paced class combines stretching, breathing, and holding postures. Register monthly by the first class.

\$24.00 LR / \$36.00

Templeton Senior Center

Instructor: Deborah W Ladd

Tu 5/6 - 5/27	8:15am - 9:05am	74203.210
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Tu 6/3 - 6/24	8:15am - 9:05am	74203.220
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Tu 7/1 - 7/29	8:15am - 9:05am	74203.230
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Tu 8/5 - 8/26	8:15am - 9:05am	74203.240
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Yoga for Kids

Ages 6 to 11

Come try this new yoga class for kids! Experience this relaxing exercise like never before. Classes will be full of fun activities as well as great tunes to keep you moving and motivated! Register by the Thursday before.

\$13.00 LR / \$20.00

Fairview Center

Tu 6/17 - 7/8	10:45am - 11:45am	63300.236
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Tu 7/22 - 8/12	10:45am - 11:45am	63300.246
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EXPLORE IVY CREEK PARK



118 Clemmons Lake Place

Check out the new “Explore Backpacks” at Ivy Creek Park. Perfect for kids who love to investigate, each pack contains a magnifying glass, net, bug containers, and animal ID cards. Kids can venture off with a parent to create their own adventure and learn in the process. These packs may be borrowed during your visit in exchange for a drivers' license.

Find out about special opportunities to meet live aquatic animals, experience interactive displays and join in hands-on programs throughout the year! The Cabin at Ivy Creek Park features a mini-nature center, highlighting our native wetland and aquatic habitats. Call (434) 455-5828 for information.

Canoe & Kayak Rentals

Ivy Creek Park

118 Clemmons Lake Place

May - August

Saturdays, 10:00am - 5:00pm

Sundays, 2:00pm - 6:00pm

Enjoy the serenity of Ivy Creek Park's Clemmons Lake. Whether you venture out on the water in a canoe or kayak, fish from the pier, or enjoy a picnic lunch on the shore, you're sure to enjoy the day! Bring a group for the fun of it.

Canoe Rentals: \$8.00/hour Kayak Rentals: \$6.00/hour

PFDs are provided. Waterproof storage boxes available for additional charge.

Group Rentals

Minimum 3 rentals for 2 hours. For group reservations call: (434) 455-5828.



NATURE & OUTDOORS



archery

Archery 101: Adult Class

Ages 18 +

Develop a new skill. Learn the basic elements of archery including parts of the bow, shooting form, and the layout of the range. All equipment provided. This class is a prerequisite for all other archery classes offered. Register by Wednesday before class.

\$22.00 LR / \$33.00

Fairview Center

Instructor: Kaleb VanDePerre

Tu 6/10	6:00pm - 8:00pm	73708.220
M 7/14	6:00pm - 8:00pm	73708.230

Archery 101: Family Fun

Ages 8 +

Archery is a sport for all ages and abilities, so bring the whole family! Learn the basic elements of archery including parts of the bow, shooting form, and the layout of the range. All equipment provided. This class is a prerequisite for all other archery classes offered. Register by 5/5. **Family Rate: \$50.00 up to four people.

\$22.00 LR / \$33.00

Fairview Center

Instructor: Kaleb VanDePerre

Sa 5/10	10:00am - 12:00pm	63300.213
Sa 7/12	9:00am - 11:00am	63300.233

Archery 101: Youth

Ages 8 to 17

Archery is a sport for all ages and abilities. Learn the basic elements of archery including parts of the bow, shooting form, and the layout of the range. All equipment provided. This class is a prerequisite for all other archery classes offered. Register by Monday before class.

\$22.00 LR / \$33.00

Fairview Center

Instructor: Kaleb VanDePerre

Sa 8/2	9:00am - 11:00am	63300.243
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Archery Club

Ages 8 +

If you are looking to improve your focus, patience and archery skills, this is the club for you! Join us as we get a chance to shoot weekly and participate in all new games and activities. Register monthly by Monday before first class.

Prerequisite: Archery 101

\$45.00 LR / \$60.00

Fairview Center

Instructor: Kaleb VanDePerre

W 5/7 - 5/28	6:00pm - 7:00pm	63300.212
W 6/4 - 6/25	6:00pm - 7:00pm	63300.222
W 7/2 - 7/30	6:00pm - 7:00pm	63300.232
W 8/6 - 8/27	6:00pm - 7:00pm	63300.242

Archery Instructor Certification Course

Ages 15 +

Successful completion of this course will result in a Level 1 certification through USA Archery. It is the official training course for USA Archery and the National Field Archery Association. Participants will gain the tools necessary to instruct short-term recreational archery programs. This course includes range setup, steps of shooting, equipment knowledge, how to repair equipment and much more. (Rain date 6/21). Register by 6/2.

\$75.00

Fairview Center

Instructors: Laura Berrier and Kaleb VanDePerre

Sa 6/7 - 6/21	9:00am - 6:00pm	63300.227
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environmental education

Beautiful Bats: Fact vs. Fiction

Ages 8 +

Bats have a bad reputation they don't deserve. Master Naturalist and bat expert, Bonnie Miles, will debunk the archaic myths about bats at this family-friendly evening program. Includes night bat viewing over the lake at Ivy Creek Park. FREE

Ivy Creek Park

F 5/9	7:00pm - 8:30pm	52101.201
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Dino Day!

All Ages

Was the T-Rex really the biggest, most ferocious of them all? How do we know about dinosaurs even though we've never seen one? Participate in one or all of the dinosaur programs and hands-on activities at the event. You're invited to bring a picnic lunch and join dinosaur expert, Captain Vic, for a question and answer session. Register by 5/24.

\$3.00

Ivy Creek Park

Vic Fleet

Sa 5/31	10:00am - 1:00pm	51117.201
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Fishing is Fun

Ages 8 +

Learn to fish with Master Naturalist Bill Plyler. Learn basic knot tying, casting, and practice catch and release fishing off the pier. Gear and bait supplied. Children must be accompanied by an adult. Fishing licenses as required by Virginia regulations. Register by one week before class date.

\$5.00

Ivy Creek Park

Sa 7/19	9:00am - 10:30am	53102.202
Sa 8/2	9:00am - 10:30am	53102.203



Junior Naturalists

This series of programs offers the opportunity for children age 8 to 12 to explore nature through outdoor experiences, learning through investigation and hands-on activities. Junior Naturalists will earn an embroidered patch after attending three programs that will be offered throughout the year.

Junior Naturalists: Animal Detectives

Ages 8 to 12

You may not see the animals, but you can find tracks, scat, and other clues to discover who lives in the woods and wetlands. Make fake scat and castings of animal tracks. Participate in activities throughout the year to earn a Junior Naturalist patch. Register by 6/21.
\$5.00

Ivy Creek Park

Sa 6/28	9:00am - 11:00am	52152.202
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Junior Naturalists: Nature Grossology

Ages 8 to 12

Explore the weird but true, wild and wacky, slimiest, stinkiest and downright yuckiest side of nature. Participate in activities throughout the year to earn a Junior Naturalist patch. Register by 8/16.
\$5.00

Ivy Creek Park

Sa 8/23	9:00am - 11:00am	52152.204
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Junior Naturalists: Orienteering & Letterboxing

Ages 8 to 12

Learn orienteering to navigate in the wilderness with map and compass. Then practice navigation as you search for letterboxes containing stamps, similar to geocaching without the GPS. Bring a small notebook and pencil. Participate in activities throughout the year to earn a Junior Naturalist patch. Register by 4/26.
\$5.00

Ivy Creek Park

Sa 5/3	9:00am - 11:30am	52152.201
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Junior Naturalists: Wilderness Survival

Ages 8 to 12

Survive the wilderness! Learn survival techniques, including fire building, finding shelter, and basic wilderness know-how. Participate in activities throughout the year to earn a Junior Naturalist patch. Register by 7/19.
\$5.00

Ivy Creek Park

Sa 7/26	9:00am - 11:00am	52152.203
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National Trails Day: Butterflies are Beautiful

All Ages

Have you seen a red-spotted purple? Explore the life of butterflies and their habitat at Ivy Creek Park with Master Naturalist and butterfly expert, Pat Schuler.
FREE

Ivy Creek Park

Sa 6/7	10:00am - 11:30am	52101.202
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National Trails Day: Fishing is Fun

Ages 8 +

June 6, 7, 8 are Free Fishing Days in Virginia - no fishing license required. Join Master Naturalist Bill Plyler to learn basic knots and casting, then practice catch and release fishing off the pier. Gear and bait supplied. Register by 5/31.
\$5.00

Ivy Creek Park

Sa 6/7	9:00am - 10:30am	53102.201
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Wee Wild Ones

Monthly programs offering hands-on fun with activities, stories, and games for the youngest explorers, age 2 to 6. Children must be accompanied by an adult.

Wee Wild Ones: Bad to the Bone

Ages 2 to 6

Join a naturalist as your child views a variety of animal bones and skeletons in this program. Wee will uncover the mystery of which bones belong to which animals! Register by 8/9.
\$7.00

Ivy Creek Park

W 8/13	10:00am - 11:30am	52151.204
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Wee Wild Ones: Fish is Fish

Ages 2 to 6

Our wee wild ones will discover the world of fish through active play and learning; wee may even have a chance to "wet a line." Register by 6/7.
\$7.00

Ivy Creek Park

W 6/11	10:00am - 11:30am	52151.202
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Wee Wild Ones: Wild about Flowers

Ages 2 to 6

Join in this month's wildflower preschool program and engage your young child outdoors in nature. Register by 5/7.
\$7.00

Ivy Creek Park

Sa 5/10	10:00am - 11:30am	52151.201
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Wee Wild Ones: Wild Water Day

Ages 2 to 6

Toddlers and preschoolers will discover the importance of water in nature with wet and not so wet hands-on activities. Register by 7/5.

\$7.00

Ivy Creek Park

W 7/9	10:00am - 11:30am	52151.203
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What's in Your Watershed?

All Ages

You know your home address, but did you know you also have a watershed address? Do you know how healthy it is or how you can protect it? Join Master Naturalist Bea Stryker to learn about your watershed and see how pollutants wind up in your water! Activity followed by a short hike to Ivy Creek Park's wetland.

FREE

Ivy Creek Park

Sa 8/16	2:00pm - 4:00pm	52101.203
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outdoor adventure

"Illuminate the Night" Hike & Campfire

All Ages

Experience the night sky, viewing stars and constellations. Then participate in glow-in-the-dark games and crafts. Afterwards, enjoy refreshments around a glowing campfire. Register by 8/8.

\$4.00 Individual, \$15 Family, Kids aged 3 and under are free.

Ivy Creek Park

F 8/15	7:30pm - 9:00pm	52102.202
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Learn to Canoe

Ages 8 +

Learn the basics of flatwater canoeing and practice your new skills on the lake at Ivy Creek Park. Canoes, paddles, and PFDs provided. Register by one week prior to class date.

\$10.00

Ivy Creek Park

Sa 5/31	8:00am - 10:00am	53101.201
Sa 6/21	8:00am - 10:00am	53101.202
Sa 7/12	8:00am - 10:00am	53101.203
Sa 8/9	8:00am - 10:00am	53101.204

Letterboxing Adventure

Ages 8 +

Join the fun with Master Naturalist Bill Plyler in a "treasure hunt" style outdoor quest at Ivy Creek Park. Similar to geocaching without the GPS, we will use clues to search for letterboxes containing stamps. Learn the etiquette and rules of the sport, including information about hundreds of boxes hidden in the Lynchburg area. Register by 4/23.

FREE

Ivy Creek Park

Sa 5/3	10:00am - 11:30am	53105.201
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Scavenger Hunt & Campfire

All Ages

Join in a scavenger hunt, searching for local plants, animals, and objects as we hike around Ivy Creek Park. Afterwards, enjoy refreshments around a glowing campfire. Register by 6/13.

\$4.00 Individual, \$15 Family, Kids aged 3 and under are free.

Ivy Creek Park

F 6/20	7:30pm - 9:00pm	52102.201
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Starlight Hike & Campfire

All Ages

Come spend an evening by the lake and discover the mysterious creatures of the night. We'll listen for frog calls, bird calls and other nocturnal animals. Afterwards, enjoy refreshments around a glowing campfire. Register by 7/12.

\$4.00 Individual, \$15 Family, Kids aged 3 and under are free.

Ivy Creek Park

F 7/18	7:30pm - 9:00pm	52102.203
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THE NATURE ZONE

Located in the historic Kemper Street Train Station • 825 Kemper Street

Where exploring the wonders of nature is a natural connection!

The Nature Zone offers something for everyone in the family. Meet some "wild" animals... spark your imagination with our interactive displays... play with toys, puzzles and more at our "Kids' Corner"... and browse our extensive collection of animal mounts, featuring local birds, snakes, insects and a few exotic visitors! Don't forget to check out our gift shop!

Admission

Kids (2-17)	\$1.00
Adults (18-49)	\$2.00
Seniors (50+)	\$1.00
Annual Passes	\$10.00/individual \$30.00/family

Hours

Fridays	Noon – 6:00pm
Saturdays	10:00am – 4:00pm

For more information call: (434) 455-5828

Email: naturezone@lynchburgva.gov

Visit: www.lynchburgva.gov/parksandrec

"Like" the
Nature Zone
on Facebook



Looking for a "wild" adventure for your child's birthday? Why not try an Animal Safari or Dinosaur Safari at the Nature Zone... or get outside at beautiful Ivy Creek Park for a Canoe Adventure birthday party! Parties range from \$100 - \$140 for up to 12 people. Call (434) 455-5828 for details.

COMMUNITY EVENTS

14th Annual Festival of Gardening

Sponsored by Hill City Master Gardener Association

Saturday, May 3

8:30am – 1:00pm

The Aviary in Miller Park

Over 3,000 Master Gardener grown plants for sale along with garden accessories, refreshments, and seminars.

www.hcmga.com

Friday Cheers

Fridays, May 30, June 6, June 13, June 20, June 27 at the Lynchburg Community Market Square

5:30pm

Meet your friends to relax and unwind for Friday Cheers and enjoy great live music, terrific food and beverages! Must be 21 or older unless accompanied by a parent; bring your ID.

www.fridaycheers.org

USA Women's National Softball Tournament

Friday, June 13

7:00pm

Lynchburg City Stadium

\$25/Reserved Seating, \$15/General Admission

The USA Women's National Team will play an exhibition double-header against a team comprised of local all-stars. Each game will last seven innings. Post-game autograph session after the conclusion of the second game for all fans with a ticket stub. Tickets and information at:

www.lynchburg-hillcats.com



Bateau Festival

Saturday, June 14

10:00am – 2:00pm

Percival's Island

Come out and enjoy craft demonstrations, food vendors, children's activities, storytelling, and a Bateau launch.

www.downtownlynchburg.com

Presbyterian Home 5K

Saturday, June 21

8:00am

150 Linden Avenue

Celebrate the 12th year of the Presbyterian Home & Family Services 5K and youth run.

www.phfs.org

Friday Cheers Independence Day Celebration

Thursday, July 3

5:30 PM

Church Street (In front of Monument Terrace)

Kickoff to Independence Day celebration. Free concert with fireworks. Great live music, terrific food and beverages! Bring your ID.

www.lynchslanding.com

Ribs, Rhythm & Blues Jazz Festival

Saturday, July 26

3:00pm

Lynchburg City Stadium Lawn

Listen to the best mix of blues, pop, & r&b, along with family activities and award-winning barbeque.

www.ribsrythmandblues.com



**Interested in holding your next big event downtown,
in a park, or at another city location?**

Contact Sharon Brown at (434) 455-5871 for more info.

**Planning a smaller gathering? Rent a picnic shelter at one
of our many parks. Call (434) 455-5858 for more info.**

VOLUNTEER!

Youth Corps 2014

Rising 10th, 11th and 12th grade students

Discover Parks & Recreation while developing leadership and teamwork skills. Youth Corps crew members will help with meaningful projects at the Nature Zone, Templeton Senior Center, Community Market, Centers, and in our parks. Earn community service credit great for college applications and service organization requirements. For more information and registration details, call (434) 455-5858.

\$25.00 Registration Fee (includes Youth Corps T-Shirt)

Daniel's Hill Center • 317 Norwood Street

M - Th 7/14 - 7/17

9:00am - 3:00pm

67500.200

Volunteer Opportunities

Learn new skills, advance your career, stay active – volunteer! Share your time, skills and talents to make a difference in your community.

Opportunities to volunteer are almost unlimited! Individuals and groups can help with one-day projects or assist on an ongoing basis.

Volunteer positions include:

- Adopt-A-Trail Families and Groups
- After-School Program Tutor
- Center Aide
- Nature Zone Volunteer and Animal Feeder
- Recreation Assistant
- Coaches – Youth Basketball & Girls Softball Coaches

To learn more about the Volunteer Program, call (434) 455-5858.



ADOPT-A-TRAIL PROGRAM

Do you care about the quality of Lynchburg's hiking and biking trails? You can help nurture these treasured resources!

Whether you're a family, civic group or individual...you can assist by adopting your favorite trail and keeping it in good shape by picking up litter, removing small branches from the trail path, and reporting larger maintenance needs. Parks and Recreation provides the equipment, supplies, and a short orientation to get you started.

To learn more about the Adopt-A-Trail Program, call (434) 455-5858.

THE AVIARY

Available for private events.

Call 455-5858 or visit our website for details.



CALLING ALL INSTRUCTORS, GUEST SPEAKERS, ORGANIZATIONS!

If you have a special talent or skill and are interested in teaching a class (any age) contact Allyson McSwain, City-Wide Center Supervisor: allyson.mcswain@lynchburgva.gov or (434) 455-5837. Instructors especially needed for pottery, stained glass, theatre, fitness, art, drawing, painting, music lessons, youth dance, storytelling, educational, and mentoring programs.

While renovations continue at the Miller Center, adults of all ages are invited to partake in a variety of activities at the Templeton Senior Center. Centrally located and easily accessible, this facility is the ideal place for art classes, bridge lessons, exercise classes, and more. Ongoing special interest groups meet monthly and are open to new participants. Try your hand at canasta, pinochle, and mahjong or share your ideas with the Currents Events or Literature for Life Group. Look for additional Fifty-Plus Activities at the Fairview Center.

The Fifty-Plus monthly newsletter is available online at www.lynchburgva.gov/fifty-plus or at Parks and Recreation Centers; Lynchburg Community Market; Lynchburg Public libraries; and the Lynchburg Visitor's Center. Call for other locations.

CANASTA

Come and learn or refresh your memory while playing this popular and fun card game. All skill levels welcomed.
Fridays • 9:30am - 11:30am

COMPUTER TIME

Don't let your fear of the unknown keep you from exploring the world of computers. Center computers are available. Need assistance? Call ahead. Staff may be available to help you with the basics.
Tuesdays & Thursdays • 10:30am - 11:30am.

CURRENT ISSUES AND EVENTS

Keep up with the times as this inquisitive discussion group examines the world's headlines.
Discussion Leader: Dr. James Campbell
2nd & 4th Wednesdays • 10:30am - 11:30am

LITERATURE FOR LIFE

Enjoy reading and discussing great works of literature and poetry.
Discussion Leader: Dr. James Campbell
2nd Thursday • 10:30am - 11:30am

LYNCHBURG DUPLICATE BRIDGE CLUB

Competitive club play in a friendly atmosphere. Experienced players of all ages invited.
Mondays 12:30pm • Wednesdays 7:00pm • Fridays 10:00am

MAHJONG

Enjoy this popular Chinese tile game of skill, strategy and luck. Newcomers and experienced players welcomed.
Thursdays • 9:30am - 12:30pm

PINOCHLE

Put your brain to work in this trick-taking game of skill and memory.
Newcomers and experienced players welcomed.
Tuesdays • 9:30am - 12:30pm

SOCIAL/PARTY BRIDGE

Bring your foursome and enjoy a morning of friendly fun.
Tuesdays & Thursdays • 9:30am - 11:30 am

VIDEO CHAIR EXERCISE CLASS

Experience a great work out in this 45-minute class. Work at your own pace, progress at your own speed.
Mondays, Tuesdays, Thursdays & Fridays • 9:30am - 10:15am

ACTIVITIES AT OTHER LOCATIONS

FIFTY-PLUS BOWLING

Enjoy weekly recreational bowling without the cost and stress of league attendance and play. All skill levels welcomed.
\$1.25/game plus tax. Pay on site.
Fort Hill Bowling Center, 6105 Fort Avenue
Tuesdays • 1:00pm - 3:00pm

GOLDEN GOURMET

Join this group of fun-loving diners as they visit a different restaurant monthly.
4th Friday monthly • 11:30am - 1:00pm

NEW CHAPTER BOOK GROUP

This independent group of readers meets monthly to discuss pre-selected books of interest.
Meets at Drowsy Poet at Givens Books, 2236 Lakeside Drive
4th Monday monthly
10:00am - 11:00am

PUTT-PUTT LEAGUE

Enjoy miniature golf each Monday morning. Adults only please. \$3.00/two games. Season continues through mid-October.
Putt-Putt Fun Center, 8105 Timberlake Road
Mondays • 9:00am - 11:00am

For complete information on the activities at Templeton Senior Center, call (434) 455-4115 or stop by and pick up a center calendar.

EVENTS

Templeton Summer Concert Series

- Saturday, June 14 • 7:00pm - 8:00pm
with Lynch Mountain Ramblers
- Saturday, July 12 • 7:00pm - 8:30pm • with W. D. & Co.
- Saturday, August 9 • 7:00pm - 8:30pm • with Smokey Wilson

Flag Day Commemoration

Tuesday, June 10
10:30am - 11:30am
Join the American Legion Post 16 Honor Guard for a flag folding ceremony and learn details about our national flag, followed by a patriotic music sing along led by Robert Cardwell.

Zumba for Alzheimers

Ages 18 +
Monday, May 12
6:00pm - 7:00pm

Great exercise, great fun AND a great cause! Join Team Home Instead and the Templeton Center staff for an hour of Zumba fun in support of the Alzheimer's Association and the Walk to End Alzheimer's. Admission is a minimum donation of \$15.00 to the Alzheimer's Association. Light refreshments and door prizes provided. Contact Brenda Dixon at 385-0321 or brenda.dixon@homeinstead.com for more information. Register with Brenda or at the Templeton Center by 5/9.



Get involved! Center offers a variety of programs and classes for all ages that include: clubs, special interest groups, newly implemented archery, Fairview eXtras After-School Program, Fairview eXtreme Summer Camp, Fairview eXtreme Teen Program, arts & crafts, theatre, ceramics, pottery, billiards, card games, guest speakers, luncheons, outdoor activities, exercise classes, line dancing, and tennis/pickleball. Well-known fifty-plus activities are held weekly. Groups and clubs listed below are citizen-led, and most are either free, or offered for a donation or nominal fee. Outdoor amenities include: basketball court, playground, tennis/pickleball court, horseshoe pit and field.

FIFTY-PLUS BILLIARDS

Two tables are available for recreational billiards.
Mondays, Wednesdays & Fridays • 9:30am - 1:00pm

FIFTY-PLUS TENNIS

Start your morning with fresh air and some friendly unstructured competition.
Monday, Wednesdays & Fridays • 9:30am - 1:00pm

FIFTY-PLUS PICKLEBALL

Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis. First come, first serve basis.
Monday, Wednesdays & Fridays • 9:30am - 1:00pm

FIFTY-PLUS HORSESHOE

One horseshoe pit has been recently renovated for your enjoyment.
Mondays, Wednesdays & Fridays • 9:30am - 1:00pm

FIFTY-PLUS BASKETBALL

Shoot some hoops on the Fairview basketball court.
Mondays, Wednesdays & Fridays • 9:30am - 1:00pm

BRIDGE GROUP

Like to play bridge? Meet other enthusiasts and enjoy a laid-back atmosphere.
Mondays • 9:30am - 11:30am

CERAMICS CLUB

Join ceramic enthusiasts for open studio time.
\$5.00/month, payable on site
Wednesdays & Fridays • 9:30am - 12:00pm

COMPUTER TIME

Don't let your fear of the unknown keep you from exploring the world of computers. Center computers are available. Need assistance? Call ahead. Staff may be available to help you with the basics.
Wednesdays & Fridays • 9:30am - 1:00pm

GAME ENTHUSIASTS – WHAT'S YOUR GAME?

Whether it's Kings in the Corner, Skip-Bo, Dominoes, or some other game, join other game enthusiasts for some fun!
Wednesdays & Fridays • 9:30am - 12:00pm

GEM & MINERAL CLUB

This club promotes and extends the knowledge of minerals, geology, fossils, lapidary arts, and associated fields.
3rd Wednesday • 7:00pm - 9:00pm

HILL CITY WRITER'S GROUP

Learn the craft of writing and find out more about publishing. Group members include poets, journalists, essayists, technical writers, editors, booksellers, and creators of genre and literary fiction. Choose the time that best fits your schedule.
Mondays, 9:00am - 11:00am • Tuesdays, 7:00pm - 9:00pm

THE EDGE – FAIRVIEW CENTER TEEN PROGRAM

Calling all teens! Check in with the Fairview Center for monthly teen-focused activities. This is a free mentoring program that offers enrichment activities.

For complete information on the activities at Fairview Center, call (434) 847-1751 or stop by and pick up a center calendar.

EVENTS

Lunch And Learn

Ages 30 & up

Enjoy a delicious lunch while receiving information on different topics that may interest a loved one, friend or yourself. Fairview Center will partner with Centra Health and the Beard Center on Aging at Lynchburg College. The menu and topic will change each month. Pick up a Fairview Center calendar for full schedule.

Register one week prior to each session. \$4.00.

W 5/21	11:00 am -12:00 pm	63400.210
W 6/25	11:00 am -12:00 pm	63400.220
W 7/23	11:00 am -12:00 pm	63400.230
W 8/27	11:00 am -12:00 pm	63400.240



YODER CENTER

109 Jackson Street • (434) 847-1645

This vibrant and engaged center offers programs for youth, adults, and families. Located near the Fifth Street Business District, and close to the Blackwater Creek Trail, there's always adventure in store at this recently renovated center.

After-School Program • Summer Camp
Community Meetings

50TH ANNIVERSARY OPEN HOUSE & COOKOUT

Share your memories, photos, and personal stories and enjoy food from the grill as we celebrate 50 years of recreation, active living, and community! \$3.00
Saturday, May 10 • 10:00am - 2:00pm

DATE WITH DAD

Fathers, gather with your children at the center for a light meal, games and quality time. \$5.00
Friday, August 22 • 6:00pm - 7:00pm

DIAMOND HILL CENTER

1005 Seventeenth Street • (434) 847-1409

Built on the site of the former Marce T. Jones School, this location has long-held significance to the community. The grounds were recently renovated and today, this familiar center is abuzz with activities for friends and neighbors of all ages.

After-School Program • Summer Camp
Soul Slide Dancing Classes (weekly)
Young at Heart Fifty-Plus Offerings (bi-weekly)
Lunch and Learn Series • Open Recreation

MOMMY AND ME TEA

Thursday, May 8

5:30pm – 6:30pm

Enjoy a relaxing, late afternoon tea with your children and listen to guest speaker Sharon Colston.

YOUNG AT HEART

Thursday, May 8

11:00am – 1:00pm

Ages 50 +

Who will be crowned “Queen for the Day” at this annual luncheon? Hear from guest speaker, Rev. Dr. Jacqueline Coleman. \$3.00



DANIEL'S HILL CENTER

317 Norwood Street • (434) 847-1396

Conveniently located off Rivermont Avenue in the Historic Daniel's Hill Neighborhood, the Center is just steps away from Point of Honor Museum and the Blackwater Creek Trail.

Daniel's Hill Center offers something for everyone.
After-School Program • Home School Classes Seasonal
Camps for Youth (Winter, Spring, Summer)
Preschool Playgroup with Lynchburg City Schools (weekly)
Breakfast, Coffee, and Speaker Series (monthly)
Classes and workshops for skill development

FIFTY-PLUS RECREATION SHUFFLE

Monday – Friday, 6/16 - 8/15, 10:00am 2:00pm
Get off to a good start. Gather for active recreation each morning with stretching, walking, drumming, and a variety of moderate exercises. In the afternoon, enjoy all the resources the neighborhood center has to offer.

GOLDEN SOUL LINE DANCING

Ages 50 & Up
\$2.00 payable on site • Second and Fourth Tuesdays
10:30am–11:30am

JEFFERSON PARK CENTER

405 York Street • (434) 847-1405

With an expansive campus, Jefferson Park Center is home to tennis courts and an athletic field—perfect for throwing discs, flying kites, or playing ball. Terraced seating overlooking the field recalls that this park has been a staple in the community for decades.

After-School Program • Summer Programs
Classes • Open Recreation • Community Events



THE ART STUDIO AT JACKSON HEIGHTS

720 Winston Ridge Road (434) 455-4001

Classes started at The Art Studio at Jackson Heights in January of 2013 with rave reviews. This recently renovated location is equipped for pottery, ceramics, stained glass, and metal and jewelry making. Interested in arranging a special class for a special group, or becoming an instructor?

Call Allyson McSwain, City-Wide Centers Supervisor, 455-5837.



COLLEGE HILL CENTER

811 Jackson Street • (434) 847-1418

Situated in the heart of the City, College Hill Center is compact, energetic, and serves as a recreation hub for busy people on the move. Catch a spirited game of basketball on the court, or a two-hand touch football match on the front lawn.

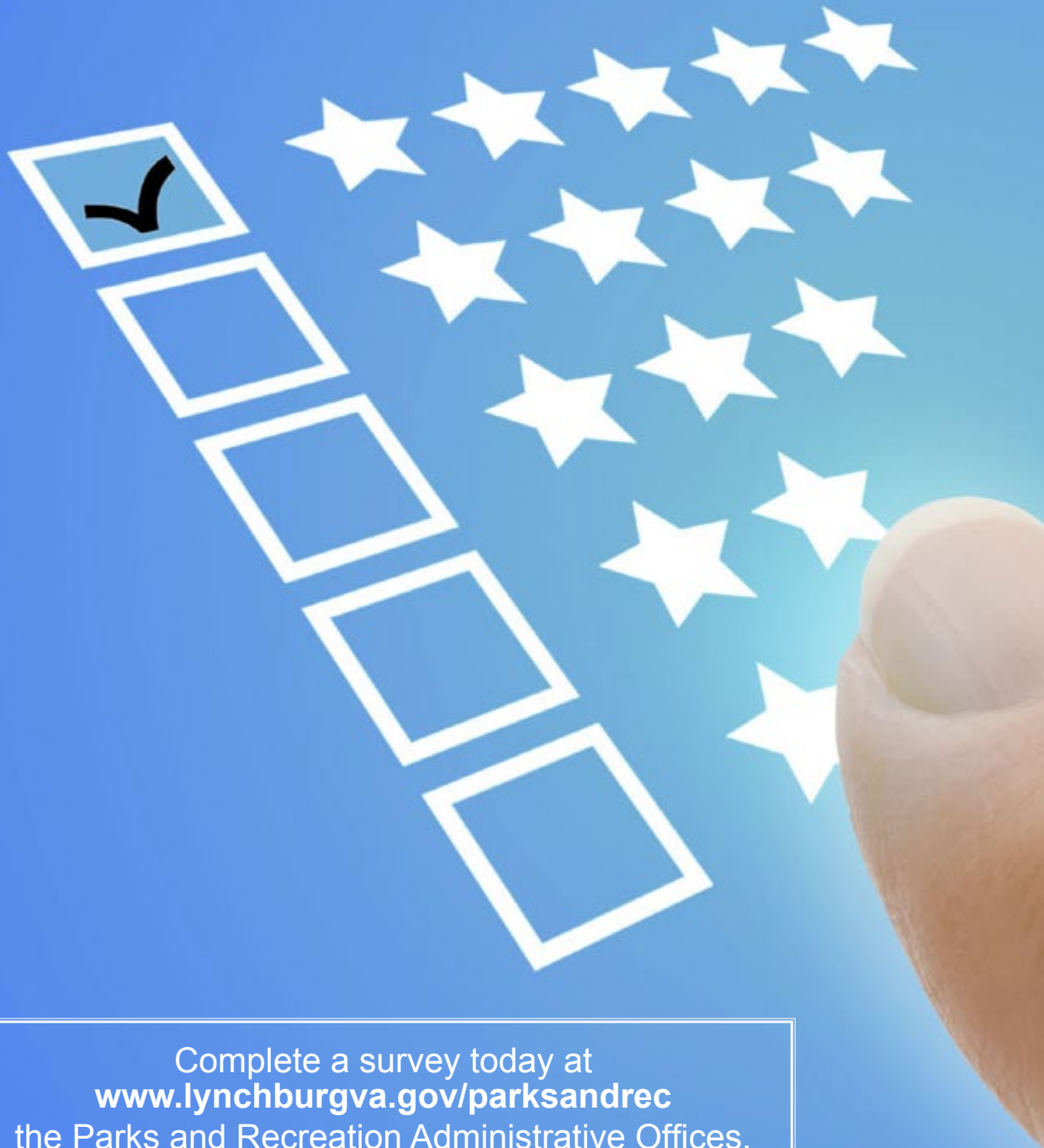
After-School Program • Summer Programs
Community Events



WE WANT TO HEAR FROM

YOU!

Public input is very important to us. Please complete our 2014 survey, so that we may continue to provide quality outdoor spaces, facilities, and recreation programs for you and our community. Your input is greatly appreciated and will help shape the future of the Lynchburg Parks and Recreation.



Complete a survey today at
www.lynchburgva.gov/parksandrec
the Parks and Recreation Administrative Offices,
or at any one of our centers.

Questions? Call (434) 455-5858.

REGISTRATION FORM

Lynchburg Parks & Recreation • 301 Grove Street, Lynchburg VA 24501 • 434-455-5858 • FAX 434-528-2794

How did you hear about this activity?

- ☐ Activity Guide ☐ Email ☐ Facebook ☐ Twitter ☐ News Story - Newspaper/Magazine/TV ☐ Advertisement - News Paper/Magazine/TV
☐ Outdoor Advertisement ☐ LTV ☐ Print Newsletter/Calendar ☐ Postcard ☐ Website ☐ Word of Mouth ☐ Other: _____

Date of Birth: ____ / ____ / ____

Participant's Name:

☐ Female ☐ Male

City of Lynchburg Resident? ☐ Yes ☐ No *Only participants living in the City of Lynchburg are eligible for Lynchburg Resident Rate (LR).*

Participant's Street Address (REQUIRED):

Street Address

City

State

Zip

Mailing Address (IF DIFFERENT THAN STREET ADDRESS):

Street Address or PO Box

City

State

Zip

Home Phone: _____

Work: _____

Cell: _____

Email: _____

Emergency Contact: _____

Relationship: _____

Phone: _____

PARTICIPATION AGREEMENT WITH 911 RELEASE

In consideration of the permission granted to me/my child by Lynchburg Parks & Recreation Department, being fully aware and understanding any risks and dangers that are associated with said activities; it is still my decision to participate/allow my child to participate in such activity(ies). I hereby release and hold harmless the City of Lynchburg, its officers, employees and volunteers from all actions, causes of action, damages and claims, or demands which I, my heirs, executors, administrators, or assigns may have against the City of Lynchburg, and/or other described parties for all personal injuries known or unknown incurred by participation in this/these activity(ies). *In the event of a medical emergency, I authorize representatives of Lynchburg Parks & Recreation to contact EMS at 911, if I or my child is incapacitated. In the event I or my child requires medical treatment, I agree to be responsible for the cost of such treatment.*

Sign Here → Signature of Participant or Parent/Legal Guardian (REQUIRED) : _____ Date: _____

PHOTO RELEASE

I grant the City of Lynchburg permission to use my/my child's likeness and name in any official communications materials. Materials may include but are not limited to news releases, publications, videos, billboards, television, and social media. I, the undersigned, have read this release and understand all its terms.

Sign Here → Signature of Participant or Parent/Legal Guardian: _____ Date: _____

ACTIVITY TITLE

ACTIVITY

START DATE

FEE or LR FEE

			\$
			\$
			\$

OFFICE USE ONLY

Receipt #: _____ Processed by: _____ Date: _____

Receipt Requested?

☐ Yes ☐ No

Total Due:

\$

METHOD OF PAYMENT

☐ Cash (Do not send cash through the mail.)

☐ Check (# _____)

☐ Money Order

☐  ☐ 

Expiration Date: _____

CREDIT CARD AUTHORIZATION

Must be completed for all mail-in credit transactions.

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Total Amount Charged: \$ _____

Cardholder Name: _____

Cardholder Signature: _____

Name and Address of Person Paying for Activities (if different than participant):

Name

Street Address

City

State

Zip

REFUND POLICY

- Refunds will only be considered if requested at least 10 business days prior to the start of the activity and may be subject to an administrative fee for incurred costs.
- No refunds (or partial refunds) will be issued to customers who fail to attend an activity/class.



RecQuest

Are you looking for an activity, class, or program suitable for groups? RecQuest is the answer!

Programs are designed for everyone and every occasion - from schools, organizations and Scouts, to neighborhoods, social clubs and family reunions. Parks and Recreation staff can customize a program to fit your needs. Use your own location, or join us at one of Lynchburg's parks, trails, or recreation centers. We provide all materials and the experienced instructors; you provide the date, time, and group!

RECQUEST PACKAGE PROGRAMS

- | | |
|---------------------------|---|
| Exploring the Arts | Theatre Fun • Dance into Action •
Explore an Art Medium •
Creative Sculpture |
| Athletics | Basketball FUNDamentals • Winning
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